

# Feeding Guide for Healthy Infants

Endorsed by Avera Children's Hospital

Foods	Birth-6 Months	6-9 Months	9-12 Months
* Breast Milk on Demand	0-3 M: 8-12 feedings in 24 hrs 4-6 M: 7-9 feedings in 24 hrs	4-6 feedings in 24 hrs <i>The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months.</i>	3-4 feedings in 24 hours
Infant Formula on Demand	0-1 M: 18-24 oz. per 24 hrs 1-2 M: 22-28 oz. per 24 hrs 4-5 M: 25-40 oz. per 24 hrs 5-6 M: 25-45 oz. per 24 hrs	3-5 feedings of 6-8 oz. Start using a cup.	3-4 feedings of 6-8 oz. in 24 hours. Can offer cheese (1/2 oz.), yogurt (1/2 cup), or cottage cheese (1/4 cup).
Fruit Juices (diluted to 1/2 Juice - 1/2 Water)	NONE	<b>Children do not need juice before one year of age;</b> however, you can offer 2 oz./day of 100% diluted fruit juice with Vitamin C in a child-sized cup.	100% diluted fruit juice with Vitamin C; offer 2 oz. in a child-sized cup 2 times a day.
Cereals & Breads	NONE	Start with 2-4 tablespoons iron-fortified rice cereal, 2 times per day, mixed with breastmilk, formula or water. Wait 2-3 days before adding a new cereal, gradually adding all types of plain, boxed infant cereals. ** Slowly start crackers, bagels, and zwieback toast.	Two servings per day: cereal (2-4 tablespoons per serving) OR bread (1/2 slice per serving), OR bagel (1/2 bagel per serving) OR crackers (2 crackers per serving)
Vegetables & Fruits (If you make your own baby food, do not add salt or sweeteners)	NONE	Give 4 servings of 5-7 tablespoons strained or pureed fruits and vegetables. To watch for food reactions, start with one food at a time. Wait 3-5 days to add new foods. Start with vegetables first, fruits second.	4 servings (2-4 tablespoons per serving) of fruits and vegetables per day.
Protein Foods	NONE	At 8 months, begin 2 servings per day of strained meats (1-2 tablespoons per serving). Can also begin yogurt, cottage cheese, and soft cheeses.	2 servings per day (3-4 tablespoons per serving) of fish, pork, chicken, beef, beans, egg yolk.
Water	NONE	Offer in cup	Offer in cup

\* The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months and breastfeeding with supplemental foods for at least 12 months & beyond.

\*\* Talk to your doctor/provider to see if he/she feels your baby is ready for solid foods.

Most babies do not start solids until six months of age when they have met ALL criteria for starting solid foods.

## Remember

- Your baby's bottle is for breast milk and formula only.
- Do not add cereal or juice to bottles.
- Do not give your baby soda, fruit flavored drinks or punches. These fluids can harm your baby's teeth.

## Food to avoid in the first 12 months:

- Bacon, lunch meats, hot dogs
- French fries
- Creamed vegetables
- Puddings and ice cream
- Cookies, candy, cakes
- Sweetened drinks and diet sodas (soda, iced tea, fruit drinks, and punches)
- Eggs, honey, peanuts, peanut butter
- Fish and shellfish

## Criteria for starting solid foods:

- Baby holds head steady and sits with support
- Reaches for food & shows interest in food
- Opens mouth when he/she sees food
- No longer thrusts tongue out during feeding; able to keep food in mouth and swallow it
- Turns head away when full

**Be sure to cut foods into small pieces to avoid choking.**